

**What is claimed is:**

1. A wrist, arm and/or hand traction system, comprising:
  - a) a chair for a patient to sit upon;
  - b) an elbow strap for retaining an elbow region of the patient's arm;
  - c) a wrist strap for retaining a wrist region of the patient's arm;
  - d) a static traction device for applying a static, non-intermittent traction force upon said wrist strap.
2. The system of claim 1, wherein said static traction device includes a rope and a locking device for retaining the rope at a desired position.
3. The system of claim 2, wherein said static traction device includes at least one pulley over which said rope passes and a handle for an operator to pull said rope to achieve a desired traction.
4. A method of using the system of claim 1 to treat CTS, comprising: placing a patient upon said device; using said device to apply traction to at least one of the patient's wrists, arms and/or hands.